

Broadway-themed musical event at Autumn Glow

Autumn Glow Senior Activity Center is partnering with the Hopebox Theatre to provide a night of great Broadway musical performances as part of the theatre's two-year anniversary celebration. The "Hopebox Flashback" event will be an opportunity to entertain seniors and their families with songs from classic to contemporary Broadway shows. The live performance is

on Saturday, March 4, 7 p.m., at the Autumn Glow Senior Activity Center (81 East Center Street, Kaysville).

For tickets, please contact the center at 801-444-2290. There is a \$3 suggested donation.

PERFORMERS WITH THE HOPEBOX Theatre rehearse a scene from their 2016 production of "Nunsense." The theatre's cast and crew are partnering with the Autumn Glow Senior Activity Center for a special Broadway-themed musical show called "Hopebox Flashback." Featured will be songs from classic to contemporary Broadway shows. The live performance is on Saturday, March 4, at 7 p.m. To get tickets, call the center at 801-444-2290.

Photo courtesy of Hopebox Theatre



Caregiver support classes offered in two locations

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail. Classes are scheduled at two different locations twice a month throughout 2017. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd. Layton) from noon to 1 p.m. On Thursdays, classes will be held at Golden Years Senior Activity Center (726 S. 100 E. Bountiful) from noon to 1 p.m. A light lunch will be provided at the classes but attendees must RSVP

to Megan Forbush at 801-525-5088 by noon on Monday for that class week. Special thanks to Fairfield Village of Layton, Golden Years Senior Activity Center, and South Davis Home Health and Hospice for hosting in February. Schedule:
• Feb. 7 & 9: Seasonal Affective Disorder – Linda Clawson, South Davis Home Health & Hospice
• Feb. 21 & 23: Simple Meals – Jessica Gypp, Davis County Health Department.

Senior Services sponsors upcoming workshops

Two Stepping On falls-prevention workshops begin during February. If you are afraid of falling or you may be at risk for an injury from a fall, sign up for either workshop. Stepping On is an evidence-based program proven to reduce falls and build confidence in older people. Presenters such as a physical therapist, pharmacists and vision experts help you gain specific knowledge and skills to prevent falls. Workshops begin:
• Thursdays, Feb. 2-March 16, 2-4 p.m., Bountiful Library (725 South Main Street Bountiful)
• Wednesdays, Feb. 22-April 5, 9:30 – 11:30 a.m., Autumn Glow Senior Activity Center (81 E. Center Street, Kaysville)
The Living Well with Chronic Conditions

workshop educates and helps participants with arthritis, high cholesterol, hypertension, obesity, stroke, anxiety/depression, emphysema, and many other chronic conditions find balance and improve health. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. The next Living Well with Chronic Conditions workshop begins Tuesdays, Feb. 14 – March 21, 12:30 – 2:30 p.m. at the Autumn Glow Senior Activity Center (81 E. Center Street, Kaysville). Call Morganne Housley at 801-525-5087 for more information about any of these Davis County Health Department Senior Services workshops.

Medicare 101 classes scheduled

BY MARIE JORGENSEN
DCHD Senior Services

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits. If you are turning 65 or preparing to retire, please join us for one of the following classes:
• Wednesday, Feb.

15, 6:30 – 7:30 p.m. – Clearfield Library, 562 South 1000 East, Clearfield
• Wednesday, March 8, 6:30 – 7:30 p.m. – Centerville Library 45 South 400 West, Centerville
For more information about the Medicare 101 classes, contact Marie Jorgensen at 801-525-5086 or mjorgensen@daviscountyutah.gov.

Spread the word: Volunteers needed

BY DEBBIE DRAPER
DCHD Senior Services

The Meals on Wheels (MoW) program is an important service to more than 350 homebound, frail seniors usually living alone in Davis County. This service provides them an opportunity to remain in their homes and near familiar faces and locations while providing them with a daily nutritious meal. Volunteers are the cornerstone of our program. Why do those volunteers do it? Many do it because it keeps them active and useful – others do it because they are giving back – some do it because they were asked to help when the centers were desperate for volunteers – the reasons vary. It is an experience like no other. Did you know?

- Davis County MoW delivers an average of 355 meals daily to frail homebound individuals five days a week.
- The program has nine delivery routes geographically located in the county.
- Ninety percent of deliveries are done by volunteers whose average age is 70 years old.
- Meals are delivered between the hours of 10 a.m.-1 p.m. Are you aware of anybody who wants to help us? Friends, neighbors, and relatives are all welcome to volunteer. Please let them know the senior activity centers are always looking for additional help. If they're interested, please tell them to call North Davis (801-525-5080 in Clearfield), Autumn Glow (801-444-2290 in Kaysville), or Golden Years (801-451-3660 in Bountiful) to set something up. They'll never know what they're missing if they don't give it a try!

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				2 AG – Wire Wrapping 8:30 Food Bank GY – Lapidary 8:30 ND – Groundhog Day Celebration 11:30 Movie 12	3 AG – Bingo 10:15 GY – Sit N Fit 8:30 Line Dancing 9:30 ND – Super Bowl Contest 11:30 Texas Hold 'em 12	4
5	6 AG – Oil Painting 9 GY – Yoga 10 Arthritis Class 12:30 ND – Brain Games/LeeAnn 10:45	7 AG – USU Food Sense Nutrition Class 11 GY – Square Dancers 7-8:30 p.m. ND – China Painting 9	8 AG – Watercolor 9 Ceramics 12 GY – Stained Glass 9 Bingo 12:30 ND – Card Making Class 10:30	9 AG – **Legal Consultation by appointment 8:30 GY – Sit N Fit 8:30 ND – Movie 12 Knit & Crochet 12:30	10 AG – Autumn Glow Choir Singing 10:30 GY – Live Music 11:30 ND – Texas Hold 'em 12 Bingo 12:30	11
12	13 AG – Water Ex 9 Arthritis Ex 9 GY – Line Dancing 10 ND – Presentation by Chancellor Gardens 11:30	14 AG – **Living Well with Chronic Conditions 12:30 GY – **Legal Consultation ND – Presentation by Rocky Mountain 11:30	15 AG – Blood Pressure 10:30 GY – Dancing Grannies 8:30 Senior Social 11:15 ND – Lapidary 8 Food Bank	16 AG – Memory Magic 11:30 GY – Lapidary 8:30 Arthritis Class 12:30 ND – Knit & Crochet 12:30	17 AG – Arthritis Ex 9 Internet 101 9:30 GY – Tai Chi 9:30 ND – Texas Hold 'em 12 Bingo 12:30	18
19	20 Closed for Presidents' Day 	21 AG – Chair Tai Chi 10:30 GY – Square Dancers 7-8:30 p.m. ND – Lapidary 8 Quilters 10 Line Dancing 1	22 AG – **Stepping On Workshop 12:30 GY – **Positive Aging 5-7 p.m. ND – Breakfast for Your Brain (in Spanish) 10	23 AG – Wire Wrapping 8:30 GY – Luana's Combo Band 10:30 ND – USU Food Sense Nutrition Class 1	24 **AG, GY & ND February Birthday Party AG – Lapidary 8:30 GY – Water Color 9 ND – Bingo 12:30	25
26	27 AG – Lunch/Trivia of the Day 11:30 GY – Oil Painting 1 ND – Health Tips w/Gina 11:30	28 AG – Tai Chi 9:30 Reiki 10:30 GY – Blood Pressure 10 ND – Blood Pressure 10 Mardi Gras Celebration 11:30	March 1 AG – **Stepping On Workshop 12:30 GY – Ceramics 9 Bingo 12:30 ND – Art 9 Bingo 12:30	March 2 AG – Wire Wrapping 8:30 GY – Arthritis Class 12:30 ND – Card Games 12:30 Knit & Crochet 12:30	March 3 AG – Lapidary 8:30 Canasta 1 GY – Line Dancing 9:30 ND – Texas Hold 'em 12 Bingo 12:30	4
** Call Senior Activity Center to Make Reservation (Note: Not all activities are listed on this consolidated calendar, activities are subject to change)						
AG ~ Autumn Glow (801) 444-2290 81 East Center Street Kaysville, UT 84037			GY ~ Golden Years (801) 451-3660 726 South 100 East Bountiful, UT 84010		ND ~ North Davis (801) 525-5080 42 South State Street Clearfield, UT 84015	

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